

# **Spiritual Renewal & The Stewardship of the Fullness of Our Lives**

**October 2019-May 2020  
Program Catalog**



## **ABUNDANTLY**

*trusting, giving, loving, believing*

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**EPISCOPAL CHURCH OF THE ASCENSION**  
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Dear Ascension members and friends,

On behalf of the Ascension family I am very pleased to offer this catalog detailing information about the spiritual-growth classes and support groups being offered in fall 2019 and throughout 2020. I believe the wider range of classes and programs will help you continue to engage and deepen your spiritual growth at Ascension.

It is important that you know that we heard you...and that we have taken action to not only expand the class offerings but to also offer programs on varied days and at different times to accommodate a wider range of schedules and availability. Regardless of where you are on your faith journey, we hope you will make spiritual growth a priority and join as many classes and programs as your schedule permits.

In God's name,

The Rev. Karla M. Woggon



# MISSION

The mission of the Episcopal Church of the Ascension is to love with the heart of Christ, think with the mind of Christ, and to act as the body of Christ in this church, the community, and the world.

## VESTRY STEWARDSHIP COVENANT

**We believe** that in spite of any barriers, God is a God of abundance. Provision for ministries to all people and the entirety of God's creation will occur when our focus and our trust remain with God.

**We commit** to give as Jesus did and focus on need not want. We seek to pray more and think less and to live within our means so that we are able to give to others.

**We invite** each of you to open your heart and mind to embrace giving as a response to a deeper connection with God, your neighbor, and the world.

## 2019-2021 VESTRY GOALS

- **Children, Youth, & Families** – Hire an Assistant Priest. Form a strong committee. Find creative ways to invite families with young children into our space. Form a youth leadership team. Offer community events around parenting.
- **Stewardship of Our Lives** – Year-long focus on aging. Offer Body, Mind, & Soul classes. Help educate people on how to grow their wealth.
- **Spiritual Renewal** – Embed the Bible more fully in our lives. Deepen & broaden spiritual friendships. Fully embrace our core Episcopal beliefs & practices.
- **Buildings & Grounds** – Form a strong committee. Build a playground. Secure our creek banks and backyard field. Build a Labyrinth. Develop a schedule for repairs and maintenance. Ensure ADA compliance.

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# WORSHIP & FELLOWSHIP

## Sundays

8:00 a.m. .... Holy Eucharist, Rite One

9:00 a.m. .... Breakfast

9:30 a.m. .... Sunday School (*see p. 14*)

9:30 a.m. .... Adult Forum (*see p. 7*)

10:30 a.m. .... Holy Eucharist, Rite II

Monthly (select dates)

9:30 a.m. .... Making a Joyful Noise (*see p. 13*)

## Wednesdays

5:30 p.m. .... Holy Eucharist & Healing Service

6:00 p.m. .... Supper

6:30 p.m. .... Youth Group (*see p. 14*)

7:00 p.m. .... Parish Choir Rehearsal (*see p. 13*)

Monthly (select dates)

6:45 p.m. ....Body, Mind, & Spirit (*see p. Focused Exercise8 and Healthy Eating9*)

6:45 p.m. .... Ascension Book Club (*see p. 11*)

7:45 p.m. ....Sung Compline (*see p. 13*)

## Special Worship Services

2019

Wednesday, October 9..... 6:00 p.m..... Blessing of the Animals

Sunday, November 3 ..... 8:00 & 10:30 a.m. .... All Saints Sunday

Sunday, December 22..... 8:00 & 10:30 a.m. .... Eucharist, Rite One / Lessons & Carols

Tuesday, December 24 ..... 3:30 & 10:00 p.m. .... Prelude & Festive Eucharist

2020

Wednesday, February 26 ..... 12:00 & 7:00 p.m ..... Ash Wednesday

Sunday, April 5 ..... 8:00 & 10:30 a.m. .... Palm Sunday

Thursday, April 9..... 7:00 p.m..... Maundy Thursday

Friday, April 10 ..... 12:00 & 7:00 p.m. .... Good Friday

Sunday, April 12 ..... 7:30 & 10:30 a.m. .... Easter Vigil / Festival Easter Eucharist

Sunday, May 10 or 17..... 8:00 & 10:30 a.m. .... Bishop's Visit

Sunday, November 1 ..... 8:00 & 10:30 a.m. .... All Saints Sunday

Sunday, December 24 ..... 3:30 & 10:00 p.m. .... Festival Eucharist & Candle Lighting

## Morning & Centering Prayer

**Monday-Thursday** ..... 9:00-9:30 a.m. .... Morning Prayer

9:30-10:00 a.m. .... Centering Prayer

**Wednesday**..... 6:00-7:00 p.m..... Centering Prayer

The perfect way to sanctify time and consecrate the day! During Morning Prayer, we recite psalms, read Scripture, and offer prayer. At Centering Prayer, we sit silently while seeking the presence of God and explicitly rejecting discursive thoughts. Facilitator: The Rev. Karla Woggon.

## Stewardship Parties

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**November 10 & 17.....**The parties are planned to celebrate Ascension and our church family. If you have not received an invitation and would like to attend a party, please contact the office. Hosts: Bryan & Jen Graham, Tom & Ann Dobbins, and Ken Wilkinson & Allen Wood.

## Annual Parish Meeting

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**Sunday, December 8.....**During the annual parish meeting vestry members, committee members, and diocesan convention delegates are elected. The proposed budget also is presented and approved, and the rector, vestry officers, music director, and other parish leaders present updates on church activities.

## Episcopal Church Women (ECW) Circles

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ECW groups meet to discuss women's issues, highlight the work of women around the world, and discuss news and happenings within the extended Episcopal community.

- St. Hilda's Circle meets bi-monthly on the first Monday.
- Robert Campbell Circle meets the first Tuesday of each monthly.

# LEARN & GROW

## Thursday Study Group

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Every **Thursday (10:00-11:30 a.m.)** a group gathers to discuss various topics, typically scheduled in three- or four-week intervals. Please feel free to drop in whenever you can.

- ***On the Brink of Everything* by Parker J. Palmer**

October 10, 17, 24, & 31 and November 7 & 14.....Learn the importance of developing a robust inner and outer life, a sense of meaning and purpose amid pain as well as joy, and the relationships that enhance the lives of young and old alike. Facilitator: The Rev. Karla Woggon

- ***Light of the World: A Beginner's Guide to Advent* by Amy-Jill Levine**

November 21 and December 5, 12, & 19.....Trace the Christmas narrative through the stories of Zechariah and Elizabeth, Mary, the journey to Bethlehem, and the Magi visit. These stories will open conversations around connections of the Gospel stories to the Old Testament, women's roles in first-century Jewish culture, the importance of Mary's visitation and the implications of Mary's Magnificat, the census and the stable, the star of Bethlehem, and the flight to Egypt. Facilitator: The Rev. Karla Woggon.

## Adult Sunday Forums

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Join us every **Sunday (9:30-10:15 a.m.)** to explore topics (typically scheduled in three-week intervals) that will help integrate spirituality to a higher degree in your daily life.

- **Religion & Ecology (grades 6-12 & Adult)**

October 20 & 27, and November 3.....Each week we will examine different biblical portraits of our relationship with nature and think about how that can inform our ethic of religious ecology. Working from the creation accounts in Genesis and Jewish law, the time and teachings of Jesus, and ending with the future vision of Revelation, we will examine how God's people made sense of the

Earth and their place in it. Each class will also include modern environmental discoveries, concerns, and questions as a way to ground discussion in the present and practical. Facilitator: Cole McGlynn.

- **Magnifying the Light**

November 10 & 24, and December 1.....Prepare yourself for the season of Advent when we remind one another that God is dwelling among us, and that we are essential to God's plan of salvation. We will watch and discuss five short films with theologians, scholars, and activist Becca Stevens, James Alison, Kelly Brown Douglas, Emilie Townes, and Diana Butler. Facilitator: The Rev. Karla Woggon.

- **Moral Injury: Intro to Ethics**

January 12, 19, & 26.....Details will be shared in December 2019. Facilitator: Dr. Michael Deckard & Stephen Williamson.

- **Reclaiming Jesus: A Study of Civil Discourse**

February 9, 16, & 23.....Explore the practice of civil discourse to seek understanding of each other in an increasingly complicated world. Facilitator: The Rev. Anita Ware.

- **Lenten Study**

March 8, 15, 22, & 29.....Details to come. Facilitator: The Rev. Karla Woggon.

- **Resurrection Garden: Botany & the Bible**

April 19 & 26, & May 3.....From the "fig-tree" in Genesis to the "tree of life" in Revelation, during this three-week session we will learn about the numerous references in the Bible to botany. Facilitator: Mark Valcourt.

## **Adult Confirmation**

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**Wednesdays, February 19-April 1 (6:45-8:00 p.m.).....**Interested in delving more deeply into the core teachings and practices of the Episcopal Church? Want to be confirmed or received into the Episcopal Church when The Rt. Rev. José McLoughlin visits Ascension in May 2020? If so, please contact The Rev. Karla Woggon.

## **Community Programs**

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- **Alcoholics Anonymous**

These weekly meetings are open to anyone (no age limit) who has had a drinking problem and needs support to remain sober.

- Tuesdays (6:00 p.m.) – Women's Group
- Tuesdays (8:00 p.m.) – Men & Women's Beginner's Group
- Fridays (6:30 p.m.) – Men & Women's General Group

- **Focused Exercise: Mind, Body, & Spirit**

Wednesday, November 20, January 15, February 19, March 18, April 15, & May 20 (6:45-7:30 p.m.).....Calm your mind. Strengthen your body. Renew your spirit. Classes are done to a background of traditional hymns, relaxation, or classical music. The exercises include deep but gentle strengthening, stretching and balance exercises from the disciplines of ballet, yoga, and Pilates. Class begins with a brief devotion or meditation and closes with a meditative prayer or healing imagery. Please wear comfortable clothing and bring a large towel or mat. The movements involve standing and floor work, but all fitness levels and all ages 12+ are welcome! Presenter: Jean Bolton and special guests. *Note: Please check with your healthcare provider before beginning any exercise program. While this class is gentle and not aerobic in nature, it does include elements of strengthening and flexibility work that may raise your pulse.*



- **Prepared – Not Scared: Planning for Emergencies**

Wednesday, October 23 (6:30-7:30 p.m.).....Prepare yourself and your family for emergencies. Learn how to think through possible special needs that may arise if you have limited mobility or other constraining factors. Additional preparedness classes will be offered throughout 2020; look for further details. Facilitators: Bob & Nancy Meek.

- **Healthy Eating: Mind, Body, & Spirit**

Wednesday, January 22, & 29 and February 5 & 12 (6:45-7:30 p.m.).....This four-part series of classes will offer practical tips for how and why you should eat health. Presenter: Lee Gibbs.

- January 22: SUGAR – ah honey, honey. Sucrose, fructose, honey, agave, maple syrup...good, bad or ugly? Come hear about sugar—how it affects us and why we love it so much. What is the latest research? What do I need to know?
- January 29: MACRONUTRIENTS—the big three! What are they? What do they do for me? How do I consume them? Are carbs bad or good? Confused? Then this is the lecture for you.
- February 5: MICRONUTRIENTS—small, many and mighty? What are micronutrients? Why are they important? What foods are nutritionally dense? Can't I just take a pill? Come and find out!
- February 12: CALORIES—those tiny creatures that sneak into your closet at night and sew your clothes tighter! Do they matter? Do they count? Are they all equal? Does the saying, “calories in/calories out” hold meaning? Well, let's explore this subject.

- ***Christ in Crisis: A Book Discussion & Signing with Jim Wallis***

Sunday, February 9 (5:00-6:00 p.m.).....Jim Wallis will discuss his newest book, *Christ in Crisis*. In the book Wallis poses eight radical questions central to Jesus' teaching which can help us determine whether we are thinking and acting “in Jesus' name.” Wallis, a globally respected writer, teacher, preacher, and justice advocate, is a *New York Times* bestselling author, public theologian, renowned speaker, and international commentator on ethics and public life. He is the Founder, President, and Editor-In-Chief of Sojourners, and is the author of 12 books.

- **Financial Planning**

Date to be announced.....This seminar will detail the importance of defining financial goals and how to reach and monitor those goals. Presenter: Capital Concepts.

## **SUPPORT & SHARING**

### **Walking the Mourner's Path: Transforming Grief into Joyful Living**

Tuesday, January 7, 14, 21, & 28 and February 4, 11, 18, & 25 (2:00-4:00 p.m.).....This series of eight weekly workshops is design to serve individuals seeking comfort and healing after the death of a loved one. Individuals acknowledge their pain, recognize their journey through grief is unique, share stories, experience tears and laughter, and find healing. Cost is \$75; registration deadline is December 20. Facilitator: The Rev. Karla Woggon.

## Faith-Sharing Groups

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Small groups meet monthly or every other month to share a meal, build friendships, and deepen their walk with Christ. If you are not in a group and would like to join one, please contact the office.

- **Lunch Group -- Second Tuesday of the month (12:00-1:00 p.m.)**

Join this small group when you can to share lunch, build friendships, and deepen your walk with Christ. Lunch will be provided but donations are appreciated. Facilitator: The Rev. Karla Woggon.

- **Dinner Groups -- Monthly**

These groups meet in the evening to share light snacks or a meal, fellowship, and discussion about various topics, which will kick off with “The Way of Love” (*see p. 11*)

## Moveable Feast (young adults)

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Our Christ-seeking young adults gather **monthly** to share a meal, conversation, and informal communion. Facilitator: The Rev. Karla Woggon.

## Outreach

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Whether it be financial or emotional support, Ascension strives to work as Christ’s hands and heart in the community and world to help those who are most vulnerable. Please contact the office or the committee/team’s facilitator if you wish to volunteer for any of the following committees or teams.

- **Outreach Committee**

This group meets monthly to review funding requests received from local and regional service providers regarding financial support that directly benefits the operations of that organization. Facilitators: The Rev. Anita Ware & Liz Goebelbecker.

- **Ascension Fund Committee**

This group meets as needed to review requests received from service providers for support that directly benefits a specific individual or family, such as the purchase of a wheelchair for a homebound person. Facilitator: The Rev. Karla Woggon.

- **Ascension Cares Ministry Teams**

The following seven teams provide support and encouragement to Ascension members who are experiencing illness, loss, or life changes. Support may include cards, emails, phone calls, visitations, meals, assistance with transportation, and/or the provision of the Eucharist.

- Bring-A-Meal      ○ Catch-A-Ride      ○ Home & Garden      ○ Visiting
- Card Ministry      ○ Prayer      ○ Virtual Ministry

- **Operational Support Teams**

Ascension’s support teams are made up of church members who wish to share their special skills or talents to keep our church operating smoothly and cost effectively.

- Worship Roster      ○ Mission Work      ○ Altar Guild
- Administrative Support      ○ Buildings & Grounds

## Shop with a Purpose

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**Sunday, November 24 (8:30 a.m.-12:30 p.m.)**.....Local service ministries sell items (many handmade) to raise funds to support their operations and mission. This is an excellent opportunity to find unique gifts for everyone on your Christmas list. The Ascension Outreach Committee will also sell delicious homemade soups and desserts to raise funds for the Episcopal Relief and Development Fund.

## Christmas Caroling

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**Date to be announced**.....The Ascension family spreads Christmas cheer by caroling to our homebound parishioners and at a few of the local nursing homes. We typically conclude with a pizza party. Facilitator: Karla Woggon.

# READ

## All-Parish Book Read – “The Way of Love”

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**September-December 2019**.....*The Way of Love* pairs seven core spiritual practices with a passage of scripture as well as reflections, questions, and prayers written by various faith leaders. Come and see what God has to say about the spiritual practices of Turn—Learn—Pray—Worship—Bless—Go—Rest. Select a time each day to read and reflect on these passages of scripture and meditations.

*Note: The faith-sharing groups (see p. 10) will discuss the book in more depth. If you are not in a faith-sharing group and would like to join one, contact the office.*

## Lunchtime Reading with Karla

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**Mondays (12:00-1:00 p.m.)**

Take your lunch break and join us as we read and discuss various books together. Facilitator: The Rev. Karla Woggon.

## Ascension Book Club

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The Ascension Book Club meets **monthly on select Wednesdays at 6:30 p.m.** Read the following books at home and then join us for a group conversation. Facilitator: The Rev. Anita Ware.

- ***Still* by Lauren Winner**

October 16.....As she lives through a failed marriage and the loss of her mother, author Lauren Winner finds her Christian faith slipping away. Through reading religious works and tomes and being counseled by church leaders, she learns to trust in God. *Still* offers reflections on how murky and gray the spiritual life can be while, at the same time, shows us how to see the light we do encounter more clearly.

- ***How the Bible Actually Works* by Peter Enns**

November 20.....The Bible is not an instruction manual or rule book but a powerful learning tool that nurtures our spiritual growth by refusing to provide us with easy answers but instead forces us to acquire wisdom. The Bible is not a how-to manual filled with literal truths about belief that must be strictly followed. Rather, the Bible is a dynamic instrument for study.

- ***Stranger God: Meeting Jesus in Disguise* by Richard Beck**

January 15.....When Richard Beck first led a Bible study at a maximum security prison, he went to meet God. His own faith was flagging, but Beck still believed the promise of Matthew 25, that when we visit the prisoner, we visit Jesus. With his signature combination of biblical reflection, theological reasoning, and psychological insight, Beck shows how God always meets us in the marginalized, the oppressed, and the refugee. *Note: Beck will speak at Lenoir Rhyne on January 30 at 7:00 p.m.*

- ***Christ in Crisis: Why We Need to Reclaim Jesus* by Jim Wallis**

February 19.....See page 9 for description. *Note: Jim Wallis will be at Ascension for a book signing on Sunday, February 9.*

- ***In the Shelter: Finding a Home in the World* by Pádraig Ó Tuama**

March 18.....Tuama relates ideas of shelter and welcome to journeys of life, using poetry, story, biblical reflection and prose to open up gentle ways of living well in a troubled world.

- ***Out of Many Faiths: Religious Diversity and the American Promise* by Eboo Patel**

April 15.....In today's volatile climate of religious conflict, prejudice, and distrust, how do we affirm the principle that the American promise is deeply intertwined with how each of us engages with people of different faiths and beliefs? Patel provides answers to this timely and consequential question. Patel draws on his personal experience as a Muslim in America to examine broader questions about the importance of religious diversity in the cultural, political, and economic life of the nation. *Note: Patel will speak at Lenoir Rhyne on April 23 at 7:00 p.m.*

- ***Taste and See: Discovering God among Butchers, Bakers, and Fresh Food Makers* by Margaret Feinberg**

May 20 (6:30 p.m.).....God is a foodie who wants to transform your supper into sacrament. Feinberg goes on a remarkable journey to unearth God's perspective on food and how it's meant to heal our souls.

## **Book Signing with Jim Wallis**

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**Sunday, February 9 (5:00 p.m.)**.....Ascension will host a book signing with Jim Wallis, author of *Christ in Crisis: Why We Need to Reclaim Jesus*. (See above and p. 9).

# MUSIC

## Parish Choir

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When we sing together we experience unity and Christian community on a deeply personal level. The Parish Choir is open to all singers (high school age and older) who have a love of music and are able to commit to weekly rehearsals. No audition or experience is necessary, though music-reading ability is a plus! The choir rehearses each **Wednesday 7:00-8:00 p.m.** and sings each **Sunday at the 10:30 a.m.** worship service. Facilitator: Cory Westby.

## Concert & Evensong

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**Sunday: November 17, February 16, & May 17 (5:00-6:00 p.m.)**.....Join us for an evening of beautiful music and beautiful worship in a beautiful space. The evening begins with a half-hour concert performed by a talented artist or ensemble followed by Evensong, an Anglican service of evening prayer consisting of hymns, music, chanting, scripture, prayer, and silence. These events are free and open to the public; a freewill offering is collected to help fund future concerts. Facilitator: Cory Westby.

## Sung Compline

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**Wednesdays, November 20, January 15, February 19, March 18, April 15, & May 20 (7:45-8:00 p.m.)**.....After you've attended one of the Wednesday evening events like Book Club, Choir, or Mind/Body/Spirit, we all come together for a 15 minute worship service for the close of the day, the timeless service of Compline. The brief liturgy includes prayer, chanting, meditation, and silence. As the sun sets and the busy world is hushed, we gather together to thank God for the gift of the day and pray for a peaceful and quiet rest. Facilitator: Cory Westby.

## Making a Joyful Noise – Youth & Adults

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**Sunday: November 17, December 15, January 5, February 2, March 1, April 5, & May 10 (9:30 a.m.)**.....Explore how music deepens our understanding of worship, shapes our faith in God, and strengthens our bonds with each other. Each month will look at a different aspect of how music, community, and faith are connected. We will explore the hymns and other music for the day and learn about how they relate to the scripture lessons, sermon, and liturgical season. We will enjoy singing together opening our hearts to God's Word proclaimed to us through song, and learning how we can improve our individual singing to more fully contribute to the song of the people. We will explore what it means to, in the words of the psalmist, “make a joyful noise to the Lord...come into his presence with singing!” Facilitator: Cory Westby.

# CHILDREN, YOUTH, & FAMILY

## Nursery

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**Sundays (9:30-11:30 a.m.)**.....Our nursery facility and trained staff are available to care for your children ages 0-4 so you can attend and focus without worry on the adult forum classes and the 10:30 a.m. worship service.

## Sunday School

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**Sundays (9:30-10:15 a.m.)**.....Children and youth gather in age-appropriate groups to study God's word, the Bible, and apply its life-guiding principles.

- **Children's Sunday School (grades 1-5)**

Lessons are centered on how "God's promises of salvation are inextricably woven into our lives" and consist of Bible stories, sharing, and activities (e.g., arts, crafts, and games). Leader: Nancy Linker.

- **Youth Sunday School (grades 6-12)**

Lessons explore the Bible as a story of God's continuing faithfulness and love for humanity and all of creation. Youth Sunday School is conducted in a communal and sharing-based way so as to equip youth with a familiarity with the Bible and space to wonder about how the Scriptures can be used and made sense of in the modern world. Once a month youth will attend Making a Joyful Noise (*see p. 13*). Leader: Cole McGlynn.

## Youth Group (grades 6-12)

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**Wednesdays (6:30 p.m.)**.....Each week starts with a sharing of blessings and bidders, then offers a varied lesson time to explore faith and life, and ends with either an activity or game. This is an excellent time for fellowship and offers opportunity for kids to take a "Godly pause" from their busy lives. Facilitator: Cole McGlynn.

## Retreats, Lock-ins, Service Projects, & Fundraisers

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The youth group gathers throughout the year for special events and activities. Families receive a mailing each month detailing upcoming activities. Details are also posted on the bulletin board outside the church office. To be added to the mailing list, please email Cole.

### Upcoming Events

#### 2019

November 1-3 ..... Retreat at Lake Logan

#### 2020

February 7-9..... Retreat at Lake Logan

February 16..... Diocesan Skating in Waynesville (grades 6-12)

February 26..... Ash Wednesday

Youth will help lead the worship service. Assignments will be scheduled at the February retreat.. A practice will occur at 5:00 p.m.

February 28-March 1 ..... Diocesan Spring Conference (grades 9-12)

March 8..... Youth Talent Show & Silent Auction

April 9..... Maundy Thursday (youth will help lead the worship service)

April 26..... Youth Sunday (graduating seniors will preach; others help in service)

## Youth Confirmation

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Conformation will be more fully incorporated into the life and happenings of the broader youth program offerings. Confirmation will combine Sunday School as a way to dive into the Bible, sermon notes as a way to learn from worship, and two off-site retreats to look at ritual, tradition, and Episcopalianism. In addition, confirmands are given a mentor to meet with at least once who will support them in prayer throughout their confirmation experience. Facilitator: Cole McGlynn.

## Leadership Council (grades 9-12)

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Council members meet **monthly** to define the coming month's youth events and lessons. This is an opportunity for fellowship and for youth to take an active role in planning events and activities while developing their leadership skills. Facilitator: Cole McGlynn.

## Time with Cole

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- **Mondays (5:00-6:30 p.m.)**.....Youth are encouraged to join Cole at Tasteful Beans to do homework, chat, or just hang out.



# GETTING AROUND THE BUILDING

